





hian

Even reality TV's most glamorous sisters have issues with their weight – but are they going too far?

KHLOÉ 'I'D DO ANYTHING TO GET A TAPEWORM'

espite constant posts about working up a sweat in the gym, it appears Khloé Kardashian still isn't satisfied with her body and is looking at scarily extreme measures to lose weight. Khloé, 30, has previously admitted her love of exercise, explaining: 'Working out is a huge part of my life. I genuinely enjoy swearing out my frustrations, my workouts are about clarity for my mind and soul,' but it appears she's still not happy with her looks.

On Keeping Up With The Kardashians, Kourtney recently joked she had put a worm inside herself to help her lose a few pounds. In a shocking response, Khloé said: 'I would do anything to get a tapeworm!'

Their younger half-sister Kendall Jenner, 19, looked notably disgusted and asked: 'Why do you want a tapeworm?' To that, Khloé simply responded: 'Do you know how skinny you get? I googled it to see if I could really have one.

We trust she was put off the whole idea after reading about the serious health risks of having a tapeworm inside you. The parasites, which are caught

by touching or consuming contaminated faeces or by eating undercooked, infected meat, can grow up to 30ft long, and live in the intestine. They can cause nasty side effects such as jaundice, abnominal pain and malnutrition.

Khloé's shocking comments come after previous confessions that she envies her siblings, and is regularly referred to as 'the ugly sister', as she explained in an interview that being compared to Kim and Kourtney 'beat up her soul'.

She was slammed during Justin Bieber's Comedy Central Roast, set to air this month.

Referring to 21-year-old Justin's rumoured relationship with Kendall, US comedian Jeff Hall said: 'Kendall Jenner, if you and Justin Bieber get married, who is going to give you away? The only man in your family is Khloé Kardashian."









four hours sleep a night, and if will.i.am wasn't hyper enough already, you should see him after a glass

Storming the stage after his finalists - Sheena McHugh, 26, Vikesh Champaneri, 19, and Lucy O'Byrne, 23, - the 40-yearold Black Eved Peas star

of white wine.

I can't remember the last time my ass was live on TV," he moaned.

The contestants can do anything they want. They can just bust it out, they can even sing cuss words.'

He then turned to classic opera singer Lucy, telling her: 'It would be awesome if you could drop the F-bomb.' watching the show as he's been

Simon Cowell about being a judge.

JESSIE'S RANT

Jessie J retired from her chair in 2013, but that hasn't stopped her criticising the current coaches.

Known for her sharp tongue, lessie, 26, has said: 'There are a few people who were told they were amazing that weren't.'

The feisty singer also pointed

out that the judges were being two-faced when praising contestants who they hadn't spun their chairs for.

'One of the judges said, "It was so amazing, I can't critique it.'

'Well, why didn't you turn around? Because you're lying.'



Miley's ultimatum: 'MARRY ME OR WE'RE OVER'

Patrick Schwarzenegger has denied recent cheating claims, but furious pop queen Miley Cyrus is set to use them to her advantage

iley Cyrus is notorious for her skimpy stage costumes, raunchy twerking and casual marijuana use, so we were shocked when she started dating 'American royalty' Patrick Schwarzenegger.

He's the 21-year-old son of action star-turned-politician Arnold Schwarzenegger and TV newsreader Maria Shriver, a member of America's first family, the Kennedys.

Maria is said to disapprove of her son's relationship with the wild-child pop star, 22, and she was left red-faced when pictures emerged of her son partying with his ex-girlfriend Taylor Burns and a friend's girlfriend named only as Natalie (pictured).

One of the snaps showed him drinking a shot from Natalie's stomach during his spring break in Cabo San Lucas, Mexico.

Patrick denied cheating claims, tweeting: 'OMG. It's one of my best friend's girlfriends. Would NEVER do anything against my GF.'

His elder sister Catherine jumped in to defend him, posting: 'Have you ever heard of spring break?'

Despite Miley's friends claiming she plans to give Patrick another chance, a source says she'll be using

Patrick's mum Maria is said to disapprove of his relationship with Miley

his transgressions to her advantage.

Not only is Miley making him grovel for her forgiveness, she's edging towards the ultimate commitment – a marriage proposal.

'Miley isn't stupid and she's given Patrick a list of ultimatums if he's going to win her back. Miley believes him over the shots incident but she isn't happy about how

Miley was 19 when

she got engaged

to Liam Hemsworth

he acts when they're apart,' our source says.

'They had a heartto-heart over the phone and Miley told Patrick she had given the situation a lot of thought and she's willing to give him a second chance – if he agrees to marry her.' the girls and said she was concerned over his partying,' our source reveals.

'Miley was seen as a bad influence but now Patrick has been caught red-handed, she's using it to get into Maria's good books.

'Miley was upset about the pictures and promised Maria she had been trying to encourage Patrick to tone

down his partying and focus on his modelling career and studies.'

University of Southern California student
Patrick appears to have heeded Miley's advice, as he's now ditched his college pals and has promised her he won't be caught in any more compromising positions.

'She doesn't approve of him doing shots off other people's bodies and doesn't want to hear of him flirting with random girls,' our source says.

'Miley wants Patrick to lose his inhibitions, but only when he's with her. He watched her kiss Paris Hilton at a party in December but Miley is only comfortable for them to experiment as a couple.'

Ironically, just two days after the photographs appeared, Miley enjoyed a night out with some of her gal pals.

She tweeted a picture of *Celebrity Big Brother* star Lauren Harries in smudged make-up the following morning, with the message: 'Did you go out last night? Maybe...'

But our source adds: 'Miley doesn't want to change Patrick, she just wants him to put her first. She's the boss in their relationship and wants Patrick to commit to her.

'She definitely wants him partying less and working more.

'She expects Patrick to pull his weight in their relationship and has also dropped the not-so-subtle hint that she expects a diamond ring – and soon.'

Lauren Hills

MUM KNOWS BEST

The former Hannah Montana star got engaged to *The Hunger Games* actor Liam Hemsworth when she was just 19.

The childhood sweethearts split a year later amid rumours he had been unfaithful and Miley later penned her hit song *Wrecking Ball* about their relationship.

Clearly still adamant on wanting to settle down, Miley and Patrick are said to be planning a September wedding at the Kennedy family estate in Massachusetts.

But Miley knows that the nuptials can't happen without the approval of Patrick's mum.

'Maria disapproves of him seeing Miley. She is very protective when it comes to the image of her family,' a source once said.

Miley has been ditching her stage costumes for more demure outfits in a clear bid to change her reputation.

And after Patrick's recent behaviour, our source says Maria has offered an olive branch to her potential daughter-in-law. 'Miley spoke to Maria the day after the photographs emerged of him and







lot has changed for *TOWIE*'s hot newbie Dan Edgar since we last met him. The self-confessed 'relationship type of guy' has split from Katie, his on/off girlfriend of four years, and swept the newly single Jess Wright off her feet. All quicker than we could say: 'Here's our number!'

It's fair to say the Essex-born electrician certainly moves fast, but when we meet him at our shoot for a gossip, Dan, 25, admits he's reluctant to jump in at the deep end with 29-year-old Jess.

As we try not to peep at Dan's toned bod (goodbye Christian Grey, hello Mr Edgar!), he tells us: 'I get along really well with Jess. She's a good-looking girl and is definitely girlfriend material, but I'm not looking for a long-term relationship.

'We're both on the same level. We're having fun and we've bonded over our recent break-ups.

'Jess has split up with Ricky [Rayment] for whatever reason and I just couldn't juggle filming with having a girlfriend. It was a mutual decision and my head was all over the place, but in the long run, I think it was the right decision for Katie and me.

'I fall in love quickly but this time I want to wait it out. I reckon my next girlfriend will be The One. I definitely want marriage and children one day, but I'm 25, I've got time!'

WINNING OVER THE WRIGHTS

Aside from the awkward fact that exgirlfriend Katie is a fan of the show, the Wright family are also keeping a close watch on Dan – and Jess' clan are, erm, not-so-subtle when it comes to protecting their own.

'I can handle Carol [Jess' mum]. I'm a Mummy's boy,' jokes Dan, who's mates with *TOWIE*'s Diags and Joey Essex.

Despite gaining Jess' younger brother Mark's approval when he met him behind the scenes of a *TOWIE* live show, Dan's had a run-in with her cousin Elliott.

'I think it's Elliott I have to worry about, he's very protective,' Dan laughs nervously.

'He's had a brief word with me. I think he'd had a few drinks and asked what was going on. I told Jess later and she said she's going to kill him!

'I'm the same age as Ricky, so I understand Elliott's concern. But we're very different. Ricky's excitable and I'm more laid-back.'

And there's one requirement that's likely to rank highly on Jess' checklist...

'I've never been unfaithful and never would be. If you're too tempted, you should just end your relationship.'

There's one potential bump in the road of Dan's relationship with Jess, in the form of Chloe Lewis [see for yourself over the page].

Dan admits: 'Chloe

is a good-looking girl,' and when she joins us in the studio for our shoot, he can't help but sneakily glance over at her at every opportunity.

But Chloe is a 'no-go area' for Dan. The model is a close friend of Jess (whom Chloe sang with in a band) and Dan is also on good terms with her on/off boyfriend, Jake Hall.

'I'd know in my own mind if I could ask Chloe out, and I can't,' says Dan. 'I'd never step on another man's toes and I get on well with Jake. Now Mario [Falcone] is single, I can imagine him asking her out, he has no morals over things like that!'

EDGAR V FALCONE

Dan confesses he also sees Mario, 27, as healthy competition due to their similar

dark and brooding looks.

'It'll be tough to keep up with Mario but he'd make a great wingman,' he says.

I still go on nights out with Joey but he's met a girl now. I'm going to have to have a word with him.'

When we point out that Jess may not be entirely happy with Dan's plan for boys' nights out, he says: 'I've always been in relationships. I want to be single for a while and have a bit of fun. The boys need some healthy competition.'

Lauren Hills

Turn over for more →





'Mario has a bad **BUT SOMEBODY HAS TO CHA**

It's no surprise TOWIE's gorgeous new girl Chloe Lewis is already making waves with the boys in Essex

f you asked whether TOWIE's newcomer Chloe Lewis is just as beautiful in the flesh, you'd be met with a resounding 'Yes!' from the Reveal office.

Chloe, 24, joined the cast just a fortnight ago, and naturally the Essex boys have been clamouring for her affections ever since.

Her stylish entrance at Gemma Collins' International Women's Day party turned more than a few eager heads, so it's little wonder newly single Mario Falcone's chiselled jaw had to be scraped from the floor when he clapped eyes on the gorgeous brunette.

But after a tumultuous six-year relationship with fellow newbie and semiprofessional footballer Jake Hall, also 24, Essexborn Chloe is sworn to singledom – for now.

'I'm on a man ban. I just need some time with the girls,' she tells us. 'It would take Prince Charming to sweep me off of my feet at the moment but I'm not ready for a relationship. Mario is a good-looking boy and if something happens, it happens.

'Only time will tell. But I'm not kissing anyone on screen. Well maybe just a peck, but my nan watches TOWIE!'



Chloe, who is a model for clothing brand AllSaints, makes it very clear that she wouldn't have made any moves on Mario while he was dating his ex-girlfriend Emma McVey, who appeared to dump him on Twitter last week.

Brunette model Emma, who is almost a double for Chloe in looks, wrote: 'Be happy with your Essex girl, I'm far too good for that.' Ouch!

Chloe insists: 'Nothing has happened between me and Mario. He had a

girlfriend and I'm not a homewrecker.'

And when we touch upon Mario's reputation as an Essex ladies' man, she shrugs it off. 'I don't mind what his exes say. What I've heard about him isn't amazing but somebody has to change him.'

But Chloe isn't about to find herself embroiled in yet another love triangle after her latest on-screen drama.

Although she confirms she and Jake split earlier this year, he recently admitted to a late-night snog with Lauren Pope, and the pair ended up in a blazing row.

'He lied about kissing Lauren. He refused to tell the truth and let me move on. But of course I believed her all along,' Chloe fumes.

'The show has opened my eyes and I've lost all respect for Jake at the moment. I know it sounds odd but I feel like I just don't have a heart after everything that's happened.'

When we interviewed Jake last week, he told us he was planning a grand gesture, and hinted it could be a marriage proposal. Which, judging by the way Chloe rolls her eyes when we tell her the news, would be one huge mistake.

'He thinks he can kiss someone and then just grovel back to me? I've had enough. If he proposed, I would definitely say no. His chances of winning me back aren't good, but I still love him,' she confesses, after her ex tried to charm her back with a pair of heels.

It's hard not to compare their rocky romance to former TOWIE stars Lauren





*rep...*NGE HIM'

Goodger and Mark Wright, and Chloe doesn't deny the similarities.

Lauren was with ex-fiancé Mark, who's set to marry gorgeous actress Michelle Keegan this summer, for nine years before they finally split in 2012, and Chloe is glad Lauren finally came to her senses.

HEART-TO-HEART WITH LAUREN

'I was friends with Lauren before she started on the show and I watched their relationship on TV too,' Chloe says.

'We drifted apart when she joined the show and I started to date Jake, but she's a lovely girl.

'I think she puts on a front to protect herself and to make herself feel better, but Lauren is just the same sweet person deep down.

'We used to have conversations about our relationships and I'd tell her, "You can be with someone else," but it's hard, like it is with Jake. I don't think Mark wanted to settle down at the time.'

Chloe also briefly dated Mark's brother Josh and is close friends with his sister Jess, who's dating Dan.

'Dan's gorgeous, but he's dating Jess,' Chloe laughs as we try and set them up on our shoot.

'Maybe I'll have my own holiday romance in Marbella this summer. I have to move on eventually.'

Lauren Hills

The Only Way Is Essex is on ITVBe every Wednesday and Sunday at 10pm











Cheating accusation 'TIPPED ZAYN OVER THE EDGE'

There are serious concerns for Zayn Malik after he pulls out of One Direction's world tour, citing stress

fter being accused of cheating on his fiancée Perrie Edwards, Zayn Malik quit One Direction's On The Road Again world tour last week.

The 22-year-old flew back to his family in Bradford from Hong Kong, signed off with stress.

1D's management said: 'The band wish him well and will continue their performances in Manila and Jakarta.'

One Direction are estimated to earn \$1 billion (£611m) during the tour, which is due to end in Sheffield in October. But Zayn held crisis talks with management after a picture emerged of him holding hands with 26-year-old Lauren Richardson outside a nightclub in Phuket, Thailand, where 1D had been performing. In a second picture, he has his arms wrapped around Lauren's bare waist.

Zayn apologised on Twitter, saying: 'I'm 22 years old. I love a girl named Perrie Edwards. There's a lot of jealous f***s in this world. I'm sorry for what it looks like.'

His sister, Waliyha, 16, denied her brother cheated on Perrie, 21, saying he was 'really hurting'. But Perrie is said to have moved out of their home and is being consoled by her Little Mix band mates.

1D's Liam Payne also took to Twitter to address the situation, telling his 19 million followers simply: 'What a day.'

Meanwhile, a source close to the band said that Zayn struggled with fame and constant scrutiny: 'The picture with the girl in the nightclub proved to be the final straw. It sent him over the edge.'

SPIRALLING OUT OF CONTROL

Fans are worried about both Zayn's welfare and the future of the band and it's the latest in a list of recent upsets.

Last week, he and Louis Tomlinson had to pay £3,000 each for a permit in Manila, the capital of the Philippines.

They'd lose the money if they were caught using or promoting drugs, a security measure taken by the country following a video of them seemingly



smoking cannabis in Peru last year.

In November, Zayn missed a US TV appearance, sparking rumours of drug use – which he denied, citing a stomach bug. In another TV appearance in the US the next week, Zayn looked gaunt and barely spoke.

When chat show host Jimmy Kimmel asked the band who was most likely to go missing for days, Louis, Liam, Harry and Niall looked at Zayn, who nodded.

In February, fans were whipped into a frenzy when he left the stage during a gig in Perth, Australia, and didn't return.

It's not the first time he's been accused of cheating. In 2013, Australian waitress Courtney Webb claimed they had sex and released a picture she took of him in bed.

Perrie – who hasn't been pictured with Zayn since New Year's Eve – was seen without her engagement ring recently. But as she packed and left their home last week, her ring was back on.

Rebecca Greenow
Turn over for more →



CAN 1D SURVIVE without Zayn?

With Zayn's future hanging in the balance, could the others continue as a foursome? We take a look at who'd be the greatest loss if they left the band



TWITTER FOLLOWERS: 24 MILLION

Harry's arguably the eye candy of the band, having dated a bevy of famous babes - Cara Delevingne, Kendall Jenner and Taylor Swift. Even Strictly winner Caroline Flack, 35, couldn't keep her cougar mitts off him when he was just 18!

DEVASTATION BOMB RATING:





TWITTER FOLLOWERS: 22 MILLION

Cheeky chappy Niall is the second most popular, if his followers are anything to go by. At the head of his fan club is singer Katy Perry, who goes in for a kiss with him at every given opportunity. Although he seems content in the band, the fans wouldn't be happy if he left.

DEVASTATION BOMB RATING:





TWITTER FOLLOWERS: 20 MILLION

Liam also struggles to deal with fame at times and has been known to enjoy a Twitter rant. But crucially, he's one of the band's main songwriters so if he left, it could spell the end of their catchy tunes.

DEVASTATION BOMB RATING:





Louis is the band's main songwriter,

so they wouldn't want to risk rivals benefitting from his skills. The only downside? He's been off the market since meeting girlfriend Eleanor Calder in 2011!

DEVASTATION BOMB RATING:





TWITTER FOLLOWERS: 14 MILLION

Zayn is the 'shy one' of the group but he and Perrie Edwards are a popular couple with fans. Although we wonder what the future would hold for them if he guits the band. Hopefully he'll be feeling better soon. **DEVASTATION BOMB RATING:**





Scott from 5ive knows how Zayn feels

elling 20 millon records, 5ive were the One Direction of the early noughties. With three members (Abz Love, Sean Conlon - who has since returned - and | Brown) guitting over the years, it left remaining members Ritchie Neville and Scott Robinson wondering if the band could survive. Scott, 35, knows what One Direction are going through: 'I understand how Zayn feels. At the height of our fame we were worked to the bone. I remember one year we worked every day apart from Christmas Day. We'd be scheduled an hour in bed a day - that was it. It was relentless and the pressure's clearly got to Zayn.

'In my case I remember feeling so low I suffered a nervous breakdown. We were due in New York for a concert and I locked myself in the bathroom and sat rocking on the floor like a lunatic, refusing to leave. I'd snapped. The management did all they could to persuade me to go on, offering me a Concorde flight and a pay rise to cloud my judgment - but I physically couldn't go on.

'I'm sure with the support of his bandmates, the fans and his management, he'll pull through. If he did call it quits? I think 1D would survive. No member's bigger than the band. Look at Robbie Williams. Sugababes didn't even have an original member at one point! No one's irreplaceable.

'If Zayn decides to leave, he'll have to learn to cope with leaving the way of life he's accustomed to. There'll be no one to carry his bags and organise his life, as we found. It's hard leaving that bubble.

The boys will have had meetings and will all chip in to cover Zayn's workload while he's away. The show does go on, as the 1D boys will find. We're happier for it now as we've got three members who love their jobs and want to be here, which is key.' 5ive kick off their Loud and Intimate Tour next month. For tickets, visit kililive.com



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Despite their joy, it hasn't been plain sailing for these expectant celeb mums who've suffered some unfortunate side effects...

Difficult PREGNANCIES

FRANKIE: 'IT'S THE WORST I'VE EVER FELT

rankie Bridge was forced to pull out of the *Strictly Come Dancing* tour after announcing that she was expecting her second baby and suffering with severe morning sickness.

The Saturdays singer and her husband, retired footballer Wayne Bridge, 34, weren't planning on revealing the news so early, but they had no choice due to her condition.

Frankie, 26, had a difficult pregnancy the first time around while pregnant with son Parker, now 17 months, and this time has unfortunately been no different.

'I was just starting to feel like myself again, then I got pregnant!' she said recently.

Frankie opened up about the side effects she suffered in 2013, which she is once again experiencing – including water retention, acne and extreme morning sickness (hyperemesis gravidarum) – just like fellow pregnant mum-of-one, Kate Middleton. She also spoke out against the myth of the 'picture perfect' pregnancy.

'Obviously you are lucky to get pregnant, and there are people who find it all easy, but you don't have to pretend it's all roses 24/7. If people admitted that side of it, it might make it easier for other women,' she said.

It all came to a head for the young mum when she found herself unable

to pick herself up off the bathroom floor, as her nausea was so extreme.

'It kicked in when I was about seven weeks, and that first bout of sickness was the worst. It's probably the worst I've ever felt.

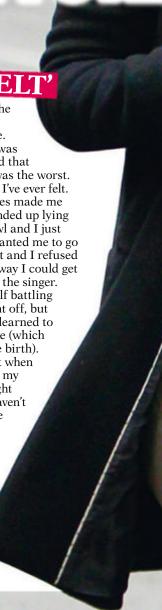
'Even to move my eyes made me feel sick. I somehow ended up lying on the floor with a bowl and I just couldn't move. They wanted me to go to hospital at one point and I refused because there was no way I could get off the floor,' admitted the singer.

Frankie found herself battling

Frankie found herself battling to keep the baby weight off, but the usually svelte star learned to embrace her new shape (which snapped back after the birth).

'It used to really hurt when they said things [about my weight] I already thought myself. Since then, I haven't taken much notice. The biggest surprise was my stomach. I didn't think I'd have a waist again, but you do eventually.'

But, as Frankie has come to know, the prize at the end makes all the endurance worthwhile.





FEARNE: 'IT'S SO HARD... I'M SO TIRED'

um to two-yearold son Rex, Fearne Cotton is expecting her second child and she's experiencing symptoms that are no walk in the park.

This time around, the 33-year-old has revealed that she's so tired, even walking is a struggle.

In an interview, Fearne said: 'This bit of the pregnancy is so hard and you're so tired – you're absolutely blitzed. So there's absolutely no fitness at all other than walking down the road – that's as extreme as it gets at the moment.'

But Fearne is no stranger to morning sickness. 'I had it last time, so I was prepared,' she revealed.

In August 2013 the Radio 1 DJ hinted she wasn't having the smoothest of pregnancies. She wrote on Twitter: 'We are over the moon, morning sickness aside (me, not Jess) and looking forward to the little Cotton Woods arrival.'

Later that month, she also said: 'Morning sickness should be called ALL DAY Sickness. False advertising!'

But after the joy of giving birth to Rex with her future musician husband Jesse Wood, 38, Fearne said she'd lost track of how hard it was.

'I think you forget a lot. You get to this point and go: "Oh God, I forgot this happens and that happens," and you get to kind of re-remember everything,' said Fearne.

But she's got some advice for other expectant mums: 'You just have to remember to take it easy and rest as much as you can and that's the most important thing – your health and the baby's health.'

Turn over for more 🛶



Reveal celebs

HELEN: 'I CAN'T **OP THROWING UP'**

ince announcing her pregnancy just before Christmas, Helen Flanagan's excitement at the prospect of becoming a mum for the first time has been marred by crippling morning sickness. She's made no secret of her unfortunate symptoms, sharing news of her pregnancy with her Twitter followers, and revealing she's also suffering with hay fever and heartburn. Poor Helen.

'I'm getting better now but I've never known anything like it,' she admitted. 'I could literally write a book about morning sickness. At the most, I'd be sick five times a day. When you're sick you feel a

The former Corrie actress' sickness got to a point where she couldn't leave the house for fear of throwing up.

'The most I did was go to the shops and I was sick in Marks & Spencer's once, as well as outside Starbucks. It's embarrassing, throwing up in public.

But luckily Helen, 24, whose first child with footballer boyfriend Scott Sinclair, 25, is due in June, has cravings for ice lollies, which have halted the symptoms.

She's so pleased that she's taken to Twitter to share her tips with other expectant mums: 'Good little tip if you're struggling with morning sickness (and have not figured it out already): stick to cold meals as hot meals can bring a smell that can set off your sickness. I'm still on cold foods. I have lots of healthy salads and sandwiches.

Emma Hunt

REVEAL'S DR PHIL ON MORNING SICKNESS:

alf of all pregnant women feel sick and vomit during early pregnancy, . so it's almost normal. It's also very unpleasant, and not just in the morning. When it is severe and causes dehydration, it's called hyperemesis gravidarum. If you've had it once, you're more likely to get it again. Milder cases can settle by eating small but frequent meals.

'Plain foods (bread, crackers) and ginger biscuits are good. Cold meals are less likely to trigger nausea. Sipping water, avoiding any trigger factors, resting and acupressure at the wrist can all help. If you need a drug to get through a big occasion, many women have used promethazine or cyclizine and there is no evidence that they harm a developing baby. It doesn't work for all.

'Always see a doctor before taking an antisickness medicine when you are pregnant. It is best to use medication for the shortest time possible. However, for some women, medication may be needed for several weeks before symptoms settle.

'In the most severe cases, fluids are given through a drip but in some parts of the NHS you can get this pregnancy sickness service at home rather than going into hospital. Ask your midwife or GP.'

Turn to page 65 for more health advice from Dr Phil





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Clearly not one to wait around, Louis Smith talks settling down with his new love, former TOWIE star Lucy Mecklenburgh

hen Olympic gymnast Louis Smith first met Lucy Mecklenburgh on BBC reality show *Tumble*, the sparks flew. Fast forward six months and Louis says they're already talking babies and marriage. Phew!

'We were at the Warner Brothers *Harry Potter* studio tour last week and I was saying to Lucy how cool it would be to bring our children to a place like that,' he reveals.

It was the first time the couple (who clearly aren't hanging around!) have posed together since announcing their relationship with some rather telling Instagram pictures back in December.

'It sort of slipped out because I was in the moment. I said to Luce: "I can't wait to have kids and bring them here and watch them having a great time!"

But the former *Strictly* champ laughs and says that the former *TOWIE* starturned-fitness entrepreneur was rather startled by his admission: 'We hadn't talked about things like that before so she looked a bit shocked. I'm very traditional so I can't wait to get married, settle down and be a parent. I'm looking forward to when that day comes.'

Olympic silver medallist Louis, 25, has been dating Lucy, 23, for almost four months and he admits he's completely

smitten with her. 'I've haven't felt like this for

a long time, if ever. It's taken me by surprise. Lucy is just so lovely, which is rare to find in someone who's as beautiful as her. I've been on dates with girls who are gorgeous – but they know it.'

FAMILY VALUES

And it's not just her looks which attracted Louis.

'She's got great family values, which is a great trait to have, and she gets on with everyone. It's a joy to be around her. She came along at just the right time





leveal *celebs*

picture of Snoop on Instagram in December and she messaged

on the phone for three hours. It

as they can between their busy on her fitness business but still the big step of introducing each other to their families: 'I was at her dad Paul's birthday dinner recently and it was like I was part of the family. My mum Elaine loves Luce, too. She often tells me, "Don't do anything to upset Lucy. You can't lose her - she's a good one!"' he smiles.

PREVIOUS HEARTBREAK

Not that Louis would ever dream of cheating on his gorgeous girlfriend. He says he's all too aware of her previous heartbreaks during her time on TOWIE with exfiancé Mario Falcone.

'It doesn't take a genius to work out that Lucy's had a tough time during the last couple of years. She's such a delicate lady - I'd never do that to her. Without sounding too cheesy, I try and give her everything she's never had,' Louis says.

'Also, Ĭ know she wouldn't do that to me either. If she were to go away on holiday I would trust her 100 per cent and it's so nice to have that feeling."

Louis admits he has not had a serious relationship for about four years until he met Lucy. He cooked her an Italian meal on their first date and Lucy described it as 'the best first date ever'.

He explains, 'We purposely kept our relationship a secret in the beginning, as we wanted to be normal and get to know each other.'

But Louis says he's not always been a big romantic: 'I didn't know I had it in me. But I like to make Luce feel special on most days. On Valentine's Day I thought I'd really push the boat out.

'I transformed the gazebo in my garden into a boudoir - put rugs down, dressed it all, had chandeliers lit with candles hanging from the roof, and placed petals and candles on the path leading down from my house. Then I cooked Lucy a three-course meal.

'I always thought Valentine's Day was overrated - until I got to spend it with someone I really cared about.'

Jane Oddy

Louis is supporting the National Lottery Awards, which celebrate the UK's favourite Lottery funded sports projects. Visit lotterygoodcauses.org.uk

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CHRIS AND KATE'S BUDDING ROMANCE

... AND GWYNETH APPROVES

Kate Hudson and Chris Martin have grown closer and his ex wife Gwyneth Paltrow has given their blossoming relationship her blessing

hey've been spending a lot of time together since splitting from their respective partners, and it looks like Chris Martin and Kate Hudson could now be dating.

Rumours were sparked after the pair and their children spent the day together on Malibu beach.

Chris' two children, Apple, 10, and Moses, eight, and Kate's two sons, Ryder, 11 – from her marriage to Chris Robinson of The Black Crowes – and Bing, three, her son with rocker Matt Bellamy, looked at ease with each other as they played on the sand and Kate and Chris shared some laughs.

The Coldplay frontman, 38, and the actress, 35, looked very close as they headed to a nearby restaurant afterwards.

Chris split with wife Gwyneth Paltrow, 42, a year ago, and Kate split with her fiancé, Muse frontman Matt, 36, in



Reveal celebs

December. The pair have been pals for years but this outing added to whispers that they've become closer – and friends say their happiness is all down to Gwyneth's approval.

Shortly after Chris' marriage ended, he moved on with actress Jennifer Lawrence, 24, and his exwife was said to be furious.

Clean-living Gwyneth reportedly didn't like that Jennifer was a junk food fan who smoked and was 14 years younger than Chris.

But it was Gwyneth herself who suggested that her old friend Kate would be 'perfect' for him.

And she's got form – after playing matchmaker Emma in the 1996 movie of the Jane Austen book, she is said to be happier with Kate as a partner for Chris because she also has two children and is 'more mature' than Jennifer.

A source says: 'Gwyneth's done a lot of soul searching as she approaches the anniversary of her and Chris' separation. They're now good friends who are focused on raising their kids together in a happy, productive way.

'When she found out Chris and Kate had been going on dates, she was happy for them. Kate's a lovely, kind, genuine person who has two children and a good relationship with her exes.

'That all fits with Gwyneth's idea of what a functioning modern family should be. She's given the budding romance her seal of approval and thinks everyone should get along and be supportive.'

Friends say Chris and Kate turned to each other following their relationship breakdowns and their close friendship could develop into something more.

There are similarities between Kate and Gwyneth – both are actresses with famous mothers (Kate's mum is Goldie Hawn and Gwyn's is Blythe Danner) – and each own a health and fitness business. Gwyneth runs lifestyle website Goop, and Kate set up women's sportswear brand Fabletics.

There are also likenesses between Chris and Matt, as they are both British frontmen of hugely successful rock bands.

'Kate's always adored Chris and now they've decided to go for it and give things a proper try,' says the insider.

'It's early days and they're not sure if either of them wants to commit to anything long-term, but they're having a great time.

'It's going to be one step at a time because their kids are what's most important.

'Although it might seem strange, Gwyn's saying that as Kate is someone she knows and likes, the new set-up's wonderful.'

Kelly Jenkins

Jen and Justin's ITALIAN SUMMER WEDDING

They've been engaged for almost three years with no hint of a wedding, but Jennifer Aniston and Justin Theroux have FINALLY set a date, thanks to George Clooney and his Italian villa

hey're two of Hollywood's hottest properties, so finding a wedding date that works for both Jennifer Aniston and Justin Theroux has proved difficult.

With a three-year engagement and no hint of wedding plans, it was starting to look as though the pair would never make it down the aisle.

But mutual friend George Clooney has generously offered Cake actress Jennifer, 46, and Justin, 43, use of his private Italian villa on Lake Como for their nuptials - and the pair have gratefully accepted.

Film director Justin is working on Zoolander 2 in Rome this summer and will be flying back and forth between Italy and Austin, Texas, where he's shooting series two of *The Leftovers*. Friends say Jennifer was worried his work commitments meant they would have to postpone their wedding for yet another year, but actor George's offer has given them the perfect solution.

'Because Justin will be back and forth to Rome from now throughout the summer, he'll already be nearby,' says the source.

'Jen was worried they wouldn't squeeze a wedding in because of his busy schedule, so George's offer was a real blessing. It's sort of a working wedding for Justin, but Jen is willing to take it, if that's how she can finally seal the deal.'

The couple plan to fly out 50 family and friends for the week-long celebrations that will start on 10 August for Justin's birthday and the anniversary of their engagement.

They'll say their vows on 15 August in the grounds of George's 18th century Villa Oleandra, which is worth £20 million and has 25 rooms, tennis courts, a gym, an outdoor theatre, a special pizza room plus a team of 10 private chefs.

'George has spent close to £3 million on security at the property, including round-the-clock armed guards and infrared cameras, so they will have guaranteed privacy,' says the source.

'Originally, Jen really wanted to tie the

married and when George made the offer, it all made perfect sense.

grateful to him for romantic, and Justin there than any of the other locations they've discussed.'

Jennifer's good

Blunt, wed her husband John Krasinski at the villa and Jennifer has been asking her advice while she plans the lavish day.

'Jen and Emily have been on the phone lots,' says the source. 'She and John had an amazing wedding and Jen is keen to ensure hers is just as lovely."

The guest list will include Jennifer's close friend, actress Courteney Cox, and her fiancé Johnny McDaid, actress Sandra Bullock, comedian Chelsea Handler, actor Jason Bateman and his wife, Justin's best friend - tattoo artist Scott Campbell - and his actress wife Lake Bell, his co-star in The Leftovers, Liv Tyler, and his Zoolander

see Jen's dress colleagues, Ben Stiller and Owen Wilson, as well as family on both sides.

'Jen's mum may not be able to make the trip because she's in frail health,' says our insider. 'But her dad will be there to walk her down the aisle.'

It's thought that Jennifer has already contacted her favourite designer, Zuhair Murad, and asked him to create a simple, classic gown for her.

The planning is in full swing. Jen and Justin are excited this is finally happening. **Kelly Jenkins**



'They're incredibly his kindness. Italy is known for being is more excited about marrying

friend, actress Emily

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fashionista

She's bitching her way round town bringing you what's hot, and what's really NOT. Remember, you read it here first

ven if you're not jetting to California for Coachella on 10 April, chances are **⊿**you'll be glued to Instagram for the duration (that's my plan anyway). The first major festival of the year's always a trendsetter but you can get a head start with H&M Loves Coachella, in store and on hm.com this week. There's even a pop-up shop on site, so who knows which celebs will get the H&M bug? Wherever you're shopping, you'll find Cali-cool essentials from £2.99 to £29.99. From festivals to Ibiza, it's got summer written all over it.

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HOLLYWOOD HERO

Want to crank up the flirt factor? I suggest Juicy Couture Hollywood Royal EDT, £48 for 75ml, Debenhams. A bombshell blend of jasmine and vanilla with sparkling apple and pear, it's my fave after-dark fragrance. Pair with an LBD and Beyoncé on repeat.

If you're size 16-24 and want to flaunt your curves instead of hiding them, you'll love the exclusive plus-size collection from boohoo.com. The 20-piece capsule wardrobe was created by style blogger Nadia Aboulhosn and boohoo.com's design team. In a slick monochrome palette, with pops of powder blue and cobalt, and bodycon styles, the collection's available in sizes 16-24 at boohoo.com now.



Designer Victoria Beckham, 40, (with fashion pal Ken Paves) ditched the heels and opted for a much comfier choice for a flight from Hong Kong – slippers! Whatever next, Victoria – a no make-up selfie?!



ant my brother BACK IN MY LIFE'



ince losing out to Joe McElderry in *The X Factor* final in 2009, Essex boy Olly Murs has had phenomenal success.

The cheeky singer has made £8 million, sold more than 10 million albums, had four No.1 singles and toured the world.

But, despite his glittering career, Olly says his success is tinged with sadness that he is estranged from his twin brother Ben.

The pair fell out when Olly failed to attend Ben's wedding, choosing instead to take part in the *X Factor* semi finals. They haven't spoken since, but Olly hopes they will be reconciled one day.

'The light at the end of the tunnel is that one day Ben will come back into my life,' says Olly when we catch up with him.

'He has his reasons for choosing not to speak to me and he decided not to be part of our family any more. I can't hate him for that. It's out of my hands but time is a healer and I believe it will happen naturally. The door is always open.'

Olly, 30, who kicks off his UK tour this month, says he wants Ben to meet his own kids when he starts a family.

'I'd love that. When Ben and I fell out, I felt so alone with it,' he says. 'I thought, "Oh my God, I can't believe this has happened to us." We were such a perfect family. But, as time has gone on, I realise no family is perfect and that every family

up and down the country has had an issue or a row. Life can be complicated.'

Olly admits his biggest heartache is that Ben no longer speaks to their parents: 'At the end of the day my mum hasn't got her son and that's the one thing that upsets me most. I can understand why he doesn't like me – I didn't go to his wedding – but I don't agree with him not seeing my mum and dad any more.'

Olly is close to his older sister Fay and is a doting uncle to her three-year-old son Louie.

'He's amazing – a
bundle of joy and
so much fun. It
definitely puts
everything into
perspective when
I spend time with
him after a busy
week,' he smiles.
'Louie gets shy when
he sees me sometimes.
He can get confused

after watching me in videos and then suddenly I'm sitting in

his lounge. He always wears a little trilby hat. I hope he's proud of me. I know I'm proud of him.'

But there are no immediate baby plans for Olly. 'I'd love to have kids and settle down. I can't wait to be a dad,' he says.

'Of course that's what every guy dreams of, even if we don't want to admit it. But it's a long way off for me, I've got so much going on. At the moment all I'm thinking about is music.

'If I was going to have a family, I'd need to step away from the job. I couldn't do two things at once. I wouldn't let my partner or my family look after my kids without me being there.'

'A REAL RELATIONSHIP'

... but he is close

to sister Fay

Olly's girlfriend of three years, property manager Francesca Thomas, 25, feels the same about having children.

'We never speak about things like that, we're both career-focused and ambitious. It's not even on the agenda,' he adds.

The *Up* singer says that her 'great personality' and her fun outlook attracted him when he met her at V Festival.

'You just know when you meet someone special. It was the right place and the right time.'

Is she The One? 'You never know. Maybe! I don't mind people knowing I have a girlfriend, but I don't think people need to know everything about our relationship.

'Francesca has her own life, her job and her own thing going on. It's better for us. I don't want to put our relationship in the limelight as it may put a strain on us. I want us to be in a real relationship.'

BAD EATING HABITS

He looks pretty fit to us, but Olly wants to drop seven pounds before his new tour.

'I've been losing weight on Jason Vale's Juice Master Diet,' he says. 'For five days I had no solids. I felt OK. I wanted to start from scratch and go back to eating healthy food rather than rubbish.

'I had got into bad habits recording my album last year – takeaways, crisps and biscuits. I've been happy and enjoying life and I was comfort eating.'

Olly's tour will finish in May and he admits he will miss Francesca and his mates while he's on the road.

'I always miss people around me, not just my girlfriend! But it would be a bit worrying if I didn't miss her, wouldn't it?'

Jane Oddy

Olly's tour stars on 31 March at Sheffield's Motorpoint Arena and ends on 9 May at Liverpool's Echo Arena



We show you where the celebs have been shopping this week We show you where the celebs have been shopping this week



DANIELLE ARMSTRONG

TOWIE star Dani works spring florals in this cute printed dress from Glamorous. Keeping her outerwear and accessories neutral, the stylish gal gives this lovely little dress the attention it deserves.

CAROLINE FLACK

Strictly Come Dancing winner Caroline shows off her trim tum in a sheer lace top for her appearance on ITV2's Celebrity Juice. Looks like all that dancing has paid off, Flackers!



E27 ZOE HARDMAN Presenter Zoe is ready for spring in this

Presenter Zoe is ready for spring in this pastel hue outfit. Her sleek blue midi dress, pink courts and matching lippie is the perfect glam look for daytime.

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Grace Slattery, 32, feared she'd never be a mum after she lost every baby she conceived. But now she has a bigger family than she ever thought possible

nless you've been through it, it's impossible to imagine the pain of losing a baby. But I know better than most. Because I've lost four, all before they were born.

The heartache of having another child slip away was becoming so unbearable, I was considering adoption. I was pretty much resigned to the fact I'd never become a biological mother.

Little did I know, the fifth time
I fell pregnant there would be four tiny
heartbeats. And this time, they would
all survive the pregnancy, finally fulfilling
our dreams of becoming parents.

I met James in a nightclub in our hometown of County Limerick, Ireland, in 2004 and six years later, we committed to be together forever at our fairy-tale wedding. Having children seemed like the next natural step.

After six months of enjoying married life, we started trying and I fell pregnant straight away. Like any expectant mother, I couldn't wait to tell everyone.

But tragically, just before my 12-week scan, I lost the baby. I was devastated but doctors reassured us that one in four women suffer miscarriages and we could try again as soon as we were ready.



It didn't take long for me to conceive again but after 11 weeks, I woke up and, although there were no signs of a miscarriage, instinctively I knew something was wrong. A scan confirmed my worst fears. I'd lost another baby.

This time, James and I decided to have



When I realised I was pregnant this time, I didn't even celebrate. And predictably, I started bleeding again at five weeks. I felt numb as James drove me to the scan, trying to prepare myself for the bad news I was sure would come.

Instead, though, I was told there wasn't just one heartbeat, there were four. And they all looked healthy. However, despite the amazing news, I couldn't let myself be happy. I knew from my research how risky multiple pregnancies were and the

consultant backed up what I already knew, explaining it was highly unlikely all of the quadruplets would survive.

I was scanned every week. Every Monday, James and I held our breaths until the nurse found all four heartbeats. But every week, they did.

At 26 weeks, we were given bad news. One of the babies, who we named Amelia, was diagnosed with a congenital diaphragmatic

Reveal real lives

hernia, which was pushing her organs into the wrong place. Because no pregnancy of quads goes full term, she'd probably be too small to operate on when she was born. She had little chance of survival.

Although I knew what the doctors were saying, I was quietly convinced all of my babies would make it. I could always feel Amelia kicking and wriggling and on the scans, she squirmed more than the others. I couldn't help but think it was her way of telling us she'd be OK.

Eventually. I reached 30 weeks and doctors started making plans for the birth. Slowly, I believed it was finally happening. I was going to be a mum.

I was scheduled to have a C-section just before I reached 33 weeks but the quads couldn't hold on. The day before, on 26 May 2014, mv waters broke and we welcomed Amelia Helen, Mollie Rose, Lilv-Grace May, and our son, Lucas James, into the world.

They were all so tiny and perfect. "We have four babies," I repeated to James in astonishment, as I stroked their silky-smooth cheeks. "We're finally a family."

Thankfully, at 4lb 3oz, Amelia was the biggest and had life-saving surgery as soon as she was born. She's had regular check-ups since but she's doing so well, they've been reduced to just once a year.

Now they're nine months old, our babies are thriving. They're all developing their own personalities and the only time they cry is when

they're alone – they're just not used to it. Although Lily-Grace's the smallest, she's the cheekiest and has already learned how to stick her tongue out at us. Lucas, on the other hand, is extremely calm and even now is used to shrugging off his sisters' teasing.

We get through 36 nappies a day, as well as 16 meals and eight bottles, so I can't deny it's hard work. But every sleepless night and endless load of washing is worth it. Because finally, I'm a mum.'

Paige Haydon & Sarah Whiteley

some private tests to make sure everything was OK. They all came back fine but when I fell pregnant for a third time, the same thing happened again. It was like a recurring nightmare.

We went to a fertility clinic in Dublin to have more extensive tests and doctors there agreed nothing specific was causing the miscarriages. Having no answers was incredibly frustrating. At least if doctors knew what was wrong, they could fix it.

We prepared ourselves again but although I fell pregnant again, within six weeks I'd lost our fourth baby.

One miscarriage is distressing enough for any couple but four was unbearable. I'd stopped telling anyone apart from our parents that we were still trying and could hardly cope with hearing about other women having children, even on the television or radio. I'd never felt so alone.

Doctors suggested we try IVF but we



KRIS & COREY SINGLE AGAIN omager Kris Jenner looks as if she is back on the market

again after calling time on

her romance with toyboy lover Corey Gamble.

The Kardashian matriarch, 59, who split from ex-husband Bruce Jenner 18 months ago, had been dating music executive Corey, 34, since October.

They haven't been an item for a while. It was obvious to everyone that Corey was her rebound,' a source says.

'She used him - he gave her what she needed at that point in time.

'Kris is an opportunist and she has traded up men her whole life - always looking for something bigger and better.'

As it was filmed before the split, Corey is still expected to appear in Keeping Up With The Kardashians. Awkward!





othing says everlasting love like a tattoo and last week Sheridan Smith and Greg Wood got inked. Hollyoaks actor Greg, 36, at first denied his relationship with award-winning Sheridan, 33, but it seems they're going full steam ahead - she was even spotted with a ring on her wedding finger.

An engagement hasn't been confirmed, but the tattoos say a lot about the seriousness of their relationship. Sheridan, who won a BAFTA for her portrayal of 60s singing legend Cilla Black, had 'Gregory's Girl' inked above a pack of cards on her ribs, while Greg had 'My Sheri Amour' on his arm.

The pair exchanged flirty Twitter messages last year, but the dad-of-three denied a relationship then, saying: 'I'm single. My wife and I are going through a divorce.

COUPLES CONFIDENTIAL Your weekly temperature check on celeb romances

MARIO FALCONE, 27

Way Is Essex in 2011. He proposed on a yacht in Marbella in 2012 but Lucy, 23, dumped him a year later after cheating allegations





Just a few months after splitting from Lucy, Mario snogged Lauren Pope, 32, during a TOWIE trip to Las Vegas. They went on a date, but it fizzled out after that.

Getty Images, Rex Features, Splash,

Reveal celebs

MICHELLE & SHAYNE **NO ROMANCE**

andom couple alert! Shayne Ward, the 2005 X Factor winner, reportedly 'spent the night' with millionaire Ultimo underwear boss Michelle Mone last week.

The pair were pictured going into Michelle's London home together after attending the launch of her book My Fight To The Top, with Shayne apparently leaving at 8am the next day.

However, Michelle, 43, was guick to rubbish the false reports, tweeting on the day the story appeared: 'Had 4 friends back at my house after book launch inc. my son. Stayed two hours, I wasn't with anyone.'

The mum-of-three split from her husband Michael in 2011 after 22 years of marriage, while Shayne's 10-year relationship with actress Faye McKeever ended last year.



At the start of 2014, Mario began secretly dating his best friend Charlie Sims' sister, Chloe, 32. But their romance ended a month later, when the thought of losing her and Charlie's friendship if things went wrong became too much for the Essex star to bear.



After feeling jealous that ex-girlfriend Lucy was dating again, **Mario started seeing** model Pascal Craymer, 23. But after their second date, Pascal was left fuming when Mario admitted on TV that he still had feelings for Lucy.

MARK & MICHELLE PDA OVERDOSE

made sure we knew what they were up to by tweeting pictures of them having fun in the Caribbean. The pair took time out from planning their wedding - set to take place in Suffolk in May - for their mini-break, and Michelle, 27, said: 'The wedding's come around so quickly. I've loved planning it. My mum's got involved and Mark's mum and sisters have helped too. 'I'm really happy. It's a whole

new chapter for us.

Asked whether she and Mark, 28, would be making babies any time soon, the former Coronation Street star replied: 'I would love

to be a mum one day. I haven't thought about it yet because of the wedding, but I definitely want

children at some point.'

hile we're still

shivering in our woolly jumpers, Mark Wright and Michelle Keegan



wayward star. But last week – just days after denying Ferne McCann's claims that they were 'on the rocks' - Emma angrily confirmed their split after watching his co-stars trying to set him up with TOWIE newbie Chloe Lewis.

Rebecca Greenow, Katherine Parkes





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Taylor tells pals 'CALVIN'S THE ONE'

Taylor Swift can't get enough of Calvin Harris and now showbiz's hot new couple are planning a romantic getaway

hey've only been dating a month, but Taylor Swift is already telling friends Calvin Harris is The One.
Taylor, 25, and Calvin, 31, were first spotted getting cosy at a BRITs afterparty last month, after being set up by mutual mate Ellie Goulding. They're now planning a romantic two-day getaway as their relationship hots up.

And, with both stars so careerorientated, Taylor's told her inner circle she's excited she's finally found someone who appreciates her values.

'Taylor's been adamant for months she's had enough of guys hurting her and was on an extended "man-tox", a source tells us. 'But Ellie knows her friend Calvin's

'But Ellie knows her friend Calvin's exactly the same way as Taylor when it comes to relationships – he's been hurt too and finds it impossible to understand why anyone would cheat.

Calvin told Ellie he thought Taylor was gorgeous so she introduced them and everything's snowballed.'

MATCHMAKER ELLIE

The pair were introduced by Ellie at the *Elle* Style Awards in London (which is rather awkward as Ellie's also pally with Calvin's ex Rita Ora).

The following night, Taylor and Calvin were spied getting cosy at a BRITs after-party. They spent the evening chatting and dancing, and the DJ was

spotted putting his arm around her waist before cheekily giving her bum a squeeze.

Mutual pal

Ellie Goulding

set the pair up

Our source says: 'Calvin's fancied Taylor for years but assumed because she's a huge star, she wouldn't be into him. But Taylor really likes him and she's thrilled Ellie fixed them up – he's the right guy at the right time – she's convinced he's The One.'

In a magazine interview published last month, Taylor said she would 'probably still be single' at 30, adding: 'No one's



going to sign up to this and everything that goes with it. Like, "Hi, nice to meet you, want a date? Do

you love camera flashes? I hope you do!" I don't even know if being content in a relationship is possible with the life I have.'

Dumfries-born Calvin – said to be worth about £50 million after making his fortune as a record producer and DJ – hasn't always been lucky in love. After he split with Rita, he tweeted: 'Myself and Rita ended our relationship some time ago. She is a beautiful, talented woman and I wish her all the best.'

Last week the star reportedly chartered

a private jet for Taylor and her pals
– including Ellie, Selena Gomez and
girlband Haim – to fly from Los Angeles
to his concert in Las Vegas, where eagleeyed fans snapped Taylor watching the gig
from a private area.

Now they're planning a two-night stay at the five-star Alisal Guest Ranch & Resort near Santa Barbara in California.

'Taylor suggested the ranch as it's really unspoilt and they'd be able to spend a couple of days having picnics and walks in the countryside and writing together.

'It's Calvin's idea of heaven – so much so that he keeps pinching himself that Taylor's so into him.'

Rebecca Greenow

Reveal celebs

As TOWIE's James 'Arg' Argent shows off his weight loss, we couldn't help but notice him starting to look more and more like Uptown Funk DJ Mark Ronson.

They're both partial to a bow-tie and if Arg, 27, got hold of some funkier suits and a pair of Tom Ford sunnies, we reckon he may have a shot at becoming the 39-year-old hitmaker's official doppelgänger...





BRAD & SUKI SPLIT

Hollywood hunk Bradley Cooper has split from girlfriend of two years, Suki Waterhouse.

The American Sniper actor, 40, and the British actress and model, 23, reportedly called it guits in January.

Rumours of a break-up began when Suki failed to attend the Oscars with Bradley in February, despite him being nominated for Best Actor.

They were first spotted together in Boston in March 2013 and went public at the New York premiere of Bradley's film American Hustle that December.

Both Suki and Bradley's representatives have declined to comment.

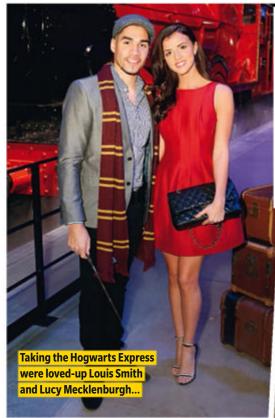
The Hogwarts Express at the Warner Bros Studio Tour London - The Making Of Harry Potter has chugged its way onto Platform 93/4 and we were there for the VIP launch.

Potter-mad couple Louis Smith, 25, and Lucy Mecklenburgh, 23, (complete with a wand) were among the celeb guests eager for a ride.

'I was planning on bringing Louis as a birthday surprise next month as he's a massive fan but we couldn't wait that long!' ex-TOWIE star Lucy told us.

The Voice presenter Emma Willis, 38, was also in attendance with her gorgeous children Isabelle, five, and Ace, three, but admitted: 'I'm a bigger fan of Harry Potter than they are. In fact, I've been here twice before!'

New mum Kimberly Wyatt, 33, was also on board with four-month-old daughter Willow strapped safely to her chest and told us: 'I can't wait until she's old enough to read the books herself."











Kelly Jenkins, Emma Hunt, Katherine Parkes



which a final sweep of a brush through her hair and a slick of lipstick, 25-year-old Andreia Maia is ready for work. Today she has chosen a hot pink bodycon dress, which she knows accentuates the ample curves that make her so much money.

She could be heading to any office job but business-minded Andreia is her own boss. As a high-class escort, she is using the adult sex industry to make her fortune.

A single mum to a three-year-old girl, Andreia says her work not only pays the bills, it keeps her off benefits and enables her to afford the £6,000 annual fees to study for a business administration degree.

'I am proud to say I am putting myself through higher education – debt free,' says Andreia, from Middlesex. 'Being an escort allows me to be here for my daughter, to pay for the groceries and have flexible working hours.'

Andreia owes her success as a sex worker to her Kim Kardashian West-style booty. With her olive skin, sleek bob and gravity-defying rear, she shares enough attributes with the US reality TV star to have created her own army of fans. And with money in the bank, she has boosted her assets with a £4,500 boob job taking her from a 34F to 34J, veneers and regular Botox.

'Kim has given girls with curves a new lease of life. For me it means more customers who want a Kim Kardashian West experience. They love my bottom, my curves. Men are fascinated with Kim. They fantasise about her and many have complimented me on my similar looks. 'Kim's continued success means my continued success.'

Six years ago, life was very different for Andreia. Then 19, she had settled into her first hairdressing job after leaving college when a terrifying incident left her career plans in tatters.

'It was St Patrick's Day in 2009. My dad was drunk and we got into an argument. The next thing I knew, he'd shot me through my left hand with a pistol loaded with blank cartridges. I needed emergency surgery to save my hand which was badly burnt and I suffered severe nerve damage.'

Her father was sentenced to 20 months' imprisonment for the assault. But for Andreia, a long struggle to get her life back on track followed: 'It took about a year for my hand to heal. Unable to work, I was on disability allowance for seven months and then on job seekers' allowance after that.

'I hated struggling on benefits. I hated being a burden on the taxpayer and not being able to buy nice things. I wasn't trained for anything except hairdressing and the future looked pretty bleak.'

Andreia tried retraining as a hair stylist using her right hand instead of her damaged left hand. But it meant going back to a trainee's wage. Desperate for better paid work, so she could move out of her mum's house and gain some independence, a friend suggested they both apply to a newspaper ad asking for escorts.

I thought, at the time, being someone's escort meant going out to dinner, going to a party. I was pretty naive about the sex element. But when I spoke to the agency,

they said how far we went was "at our discretion". I realised it meant much more."

Undeterred, Andreia sent in her pictures and she soon had her first appointment with a client at a local hotel.

'I was really nervous, so I had a quick drink before I met him. I wasn't worried about the safety side of things, though. The agency takes all the guys' details.

'My client was in his late forties, which was good for me as I tend to go for older men. He was really nice, we had a glass of wine and things went quite naturally. I made £200 for an hour's work – a lot more than as a trainee hairdresser.'

Using the 'working' name Tamara

'I made £200 for an hour's work'

Lovset, she soon had her own list of regulars, mostly middle-aged solicitors, politicians and businessmen. Her popularity soared when she began appearing on adult TV phone-in channels.

Only taking a break from escorting to have her daughter in December 2011, Andreia, who has regular STD tests, now works alone and charges £300 an hour or £2,000 a night. She enrolled on a business administration course in May 2013.

'I'd learnt the tricks of the trade when I was with the agency. So I use an online booking system and take deposits before people talk to me or see me. That ensures my safety and gets rid of the time-wasters.

'Eventually I want to start my own escort



'MY SISTER & I HATED EACH OTHER'

As Made In Chelsea blasts back onto our screens, Lucy Watson opens up about her massive bust-up with her sister and what she really thinks of her exboyfriends and reality TV rivals

all Lucy Watson what you like.
As a famous reality TV star, she's heard it all before. But one virtue she can certainly claim is honesty.
Brutally upfront with her opinions and cutting advice, the 24-year-old is the one to go to if you need a good talking to.

While the dog-toting Chelsea girl is excited about the return of the E4 series which made her name, she's not looking forward to the inevitable drama which comes with it, especially dealing with the opposite sex. In fact, she's had enough of her cheating ex Spencer Matthews, his friends and their chauvinistic ways.

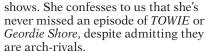
'I'm really hoping that my storylines won't continue down that path this series,' Lucy tells us.

'The whole men being d**kheads to girls "thing" is so done. I'd really like to see something different.

'Treating girls like a piece of meat isn't cool. They've only got away with it for this

long because they're funny with it and they've got the chat.'

Lucy, who we met to coincide with *Game Of Thrones* coming to catch-up service NOW TV, is the first to admit she's a die-hard fan of reality TV



Lucy has recently been joined on the show by her little sister Tiffany

'Ex On The Beach is my favourite. It's cool because the shows are all based around a similar idea. We're all interested in each other. We're kind of in competition but we all get on with each other.'

While we wait for the *MIC* drama to ramp up once again, Lucy's not looking forward to another run-in with Spencer – or his latest girlfriend, Lauren Hutton.

'I haven't spoken to Spencer since last year and I've never spoken to Lauren,' Lucy reveals, not wanting to spoil any surprises.

'To be honest, I want to stay out of it. On the one hand I've got this self-righteous side where, if I see a girl being treated badly by a guy, I feel the need to help them.

'But if they throw it back in your face, then I'm not going to continue. They will have to learn for themselves.'

TEENAGE STAND-OFF

Lucy's got a close ally she can count on, her younger sister Tiffany, who joined the *MIC* cast last year.

But she reveals for the first time that this hasn't always been the case.

'For years we weren't close and it went deeper than just squabbling. Tiff didn't know what was going on in my life and I didn't know what was going on in hers. It was a very sad situation.

'I went through a teenage phase where I was a horrible b*tch to be around (er, a

phase, Lucy?). Then we drifted apart.'

But reuniting for *MIC* helped the girls overcome their sisterly differences and they have become close.

'She moved to London, so we tried to be polite and make it work,' Lucy says.

'Luckily it did. We got on so well that we moved in together and now we're best friends. We literally didn't talk until two years ago.'

Now, the only differences the girls come up against are trivial and Lucy's fiercely protective of her little sister – so her ex, Sam Thompson, should watch out.

'I was so protective last series, it really took over my emotions. It's a really weird situation to put someone you care about in that environment,' Lucy admits.

'Tiffany can fight her own battles but she's not as mean as me. I'm always there if she needs advice, though.'

And although Lucy says she's been on a few dates, she has no plans to get into a relationship or settle down.

'I'm dating but I haven't met anyone yet where I'd want it to move to something bigger,' she says. Lucy adds that to catch her eye, her ideal man needs to be funny and fiercely ambitious.

'I'd have to meet someone who is really special to actually be in

a relationship again.

'It's time-consuming and I'd have to be very committed to make it work. So we'll see.'

Emma Hunt

Turn to page 70 to see guest TV editor Lucy's top telly picks





Reveal beauty

Korean secrets TO TRANSFORM YOUR SKIN

Kelly Brook is a fan of sheet masks

Celebs, skin gurus and make-up artists are going crazy for innovative Korean-inspired beauty products. Check out the game-changing buys you need to know about

read to South Korea and you'll find a 12-step skincare regime is the norm. Sounds like a lot, but their approach gets results. 'Clear, radiant complexions seem to be more common in Korea and I'm sure that's because a comprehensive skincare routine is promoted,' explains celeb make-up artist Kenneth Soh. Their beauty obsession means the South Korean cosmetics market sees the coolest innovations before anyone else. Now UK beauty giants are following their lead.

HYDRATION HERO

I reckon it won't be long before skincare aisles are filled with 'essences' watery products that South Koreans pat on after toner and before serum (which delivers anti-ageing benefits). A-listers like Kate Bosworth have raved about them too. 'Essences are water-based and don't contain silicones so deliver hydration really quickly,' says Courtney Doherty, director of global innovation for Kiehl's. Luxe brands are leading the way in the UK market - Erborian Dongbaek Camellia Essence, £65, Selfridges, and Kiehl's Iris Extract Activating Treatment Essence, £34, out in May, hit first.

MOISTURISERS THAT BOUNCE

Before bed, South Koreans apply tonnes of different products. From radiance-boosting to hydration, each targets a different concern. Light-as-air jelly formulas (a bit firmer than gels) work well with this 'layering' technique. Over here? People with

Miracle Sleeping Cream, £12.99, fits the bill - it left my tester's blemish-prone skin looking much plumper and super-moisturised.

erborian

DONGBAEK

CAMELLIA ESSENCE

THE DE CAMELIA EXTRA

OF EXTRA YIRGIN CAMELLA LIPID RICH SERUM

masque

sheet mask

oily complexions will love their nongreasy textures when used in place of a normal night cream. Garnier

CUSHION MAKE-UP

These sponges soaked in foundation offer the convenience of a compact but the non-cakey finish of a light liquid base. The craze has really kicked off in Asia as women love a flawless but slightly dewy look.

Kiko CC Cream Cushion, £15.90, and Lancôme Miracle Cushion, £29.50 (pricier, but offers more shades), are first to land here. 'It will be interesting to see how cushions translate to other make-up products

too,' comments Kenneth.

'Face masks are associated with

teenage sleepovers here but in South Korea, women view them as a serious part of their skincare regime,' explains Joe Mitchell, beauty buyer at Boots. They're obsessed with fabric masks - Nicole Scherzinger and Rita Ora have shared their love for them too. 'Ordinary cream masks can contain water and "filler" ingredients but these sheet formulas deliver a high concentration of powerful ingredients into the skin. After 20 minutes, peel away then massage in the residue, don't wash it off,' Joe says. Try **Masque**

Bar Brightening Sheet Mask, £9.99 for three, or

Montagne Jeunesse Tea Tree Face Spa, £1.29 for one.

MORE ASIAN 'IT' PRODUCTS

'Look out for pastel make-up, and marker pens for brows, lips and eyes. They're long-wearing with incredible nibs. Also, potent one-dose 'ampoule serums' – usually part of a kit that you use over the course of a week or month,' reveals Kenneth, who's beautified Millie Mackintosh and Abbey Clancy.





CHECKQUIT

You know budget fashion is in style when a Chanel catwalk show takes place in a supermarket! Right now, you'll find spring's hottest trends next to the beans, so bag a fashion bargain with your BOGOFs

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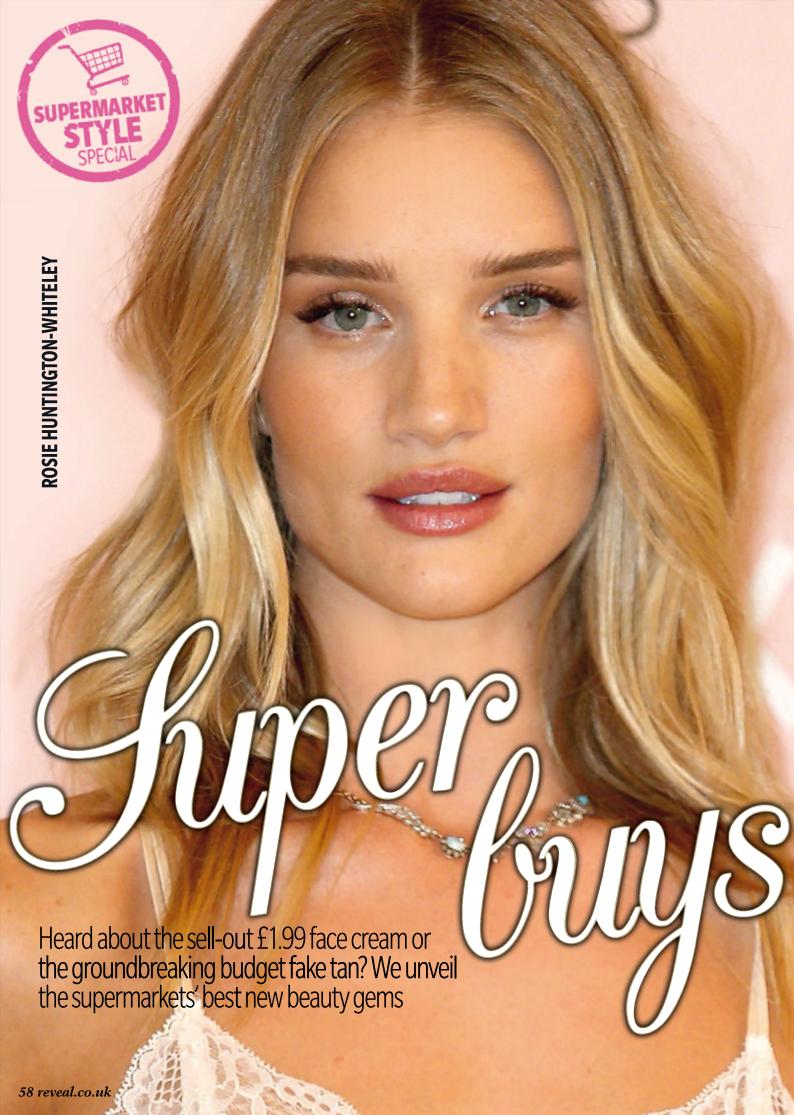




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Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

MALARIA ADVICE

I'm off to Africa this year. What's the best anti-malarial drug to take? I've heard some have nasty side-effects.

Leanne, Norfolk Malaria is an infection caused by a parasite that lives in mosquitoes, so it's important to take precautions. Visit www. fitfortravel.nhs.uk. The recommended drug may vary but most are OK to take. Doxycycline may make your skin sensitive to the sun and one in 20 taking Mefloquine may develop headaches or sleep problems. The best thing to do is speak to your GP.



Trust me -I'M A DOCTOR

I have an abnormal cervical smear and have to be retested in six months. Does it mean I have cancer?

Jennifer, Newquay

No. The cervical screening test is not a cancer test. It picks up early changes in your cervix which, if untreated, might one day lead to cervical cancer. Stay with the screening programme for the best chance of spotting these changes and having treatment to stop them, if you need it. However, the majority of women with abnormal smears do not go on to develop cancer. You may be tested for human papillomavirus (HPV), but again if it's positive it doesn't mean you will get cancer, just that you will be invited back for screening to prevent it.

PORN PROBLEM

Is it better to watch porn as a couple or on your own?

Erica, Leeds

There is no simple answer. Porn can help some people with fantasies realise that they are not alone and it can speed up masturbation, but it can promote a very aggressive, demanding and painful view of sex. Many women feel betrayed if they catch their partners watching porn, but watching it together works best if your relationship is very secure and open. Most porn is very boring and repetitive, made by men for men, and you may be better off without it.

DR PHIL SAYS: 'Kindness to strangers can have huge benefits all round'

SLEEPY HEADS

Are lie-ins bad for you?

Sarah, Portsmouth

If you're short on sleep, then a lie-in is a good way to do it. But you don't need to do it every day. Adults don't need more than eight hours sleep, and oversleeping doesn't give you any benefits. The secret of a good sleep pattern is to anchor your sleep, and try to get up at the same time every day including weekends. A recent study found that those who have irregular sleep patterns or sleep more than eight hours a night when they get older have an increased risk of stroke. The best thing is to look at lie-ins as an occasional treat.

ROSEHIP REMEDY

Is rosehip oil really good for your skin and what are the benefits?

Shawna, Ceridigion

The Duchess of Cambridge seems to think so. Rosehip oil contains vitamin A which has antioxidant and anti-inflammatory properties and may promote healthy skin. It also contains vitamins C and E and essential fatty acids. This all sounds wonderful, but whether it works to reduce wrinkles and slow ageing is debatable. There is some evidence that it can help with joint pains and arthritis and if you want to try it on your face it is safe to do so, but there is no good evidence that it helps your skin regenerate.

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT dr.phil@revealmagazine.co.uk
FOR DR PHIL'S TOUR DATES AND NEW BOOK, STAYING ALIVE, GO TO drphilhammond.com Dr Phil regrets that he cannot reply to emails personally
FOLLOW DR PHIL ON TWITTER @drphilhammond

Reveal food

Easy Thai stir-fw

Follow this easy recipe for fried rice and you can recreate the exotic flavours of Thailand in your own kitchen

aiphin Moore, the co-owner of Rosa's Thai Cafe, started her culinary career aged 14 when she set up a noodle stall to pay for her studies in her small hometown of Khao Khor, northern Thailand.

Since then, Saiphin has come a long way, setting up her own Thai restaurant in Hong Kong and then, in 2008, starting all over again in London, taking over an old market cafe called Rosa's and swapping the English fryups for her native Thai cuisine.

Now she has five shops all over London and a new cookbook, so if you don't live near to London, you can recreate her famous Thai dishes at home.

There's more than 100 recipes in Rosa's Thai Cafe: The Cookbook and here's one of the easiest. The only exotic ingredients you'll need are the Thai fish sauce (or nam pla) and oyster sauce, both found in big supermarkets and oriental supermarkets.

PRAWN FRIED RICE

Serves 2

INGREDIENTS

2tbsp vegetable oil 1tsp chopped garlic 200g peeled prawns 1tbsp soy sauce 1tbsp oyster sauce 1tsp nam pla (Thai fish sauce) Pinch of ground white pepper 1 carrot, sliced diagonally 50g button mushrooms, sliced 1 onion, sliced 2 spring onions, sliced 275g cooked rice

Sliced spring onion, to garnish

Heat the oil in a wok set over a high heat. When hot, add the garlic and stir-fry for a few seconds until fragrant.

Add the prawns, then pour in the soy sauce, oyster sauce and fish sauce and season with the pepper. Add the carrot, mushrooms, onions and spring onions and stir-fry for about two minutes until everything is cooked.

→ Add the cooked rice and stir-fry for about one minute to heat through. Stir in the water, squeeze over some lime juice and serve immediately, garnished with spring onion slices.

his is a great recipe for using leftover rice - and much cheaper than buying a takeaway. Saiphin says: 'Fried rice is basic Thai cuisine, wonderful and simple - you will probably find it at every single food stall in Thailand. No matter where you

are, this staple dish is always served with a squeeze of lime juice and some young spring onions sprinkled over the top.

'The trick is to eat a spoonful of rice and then

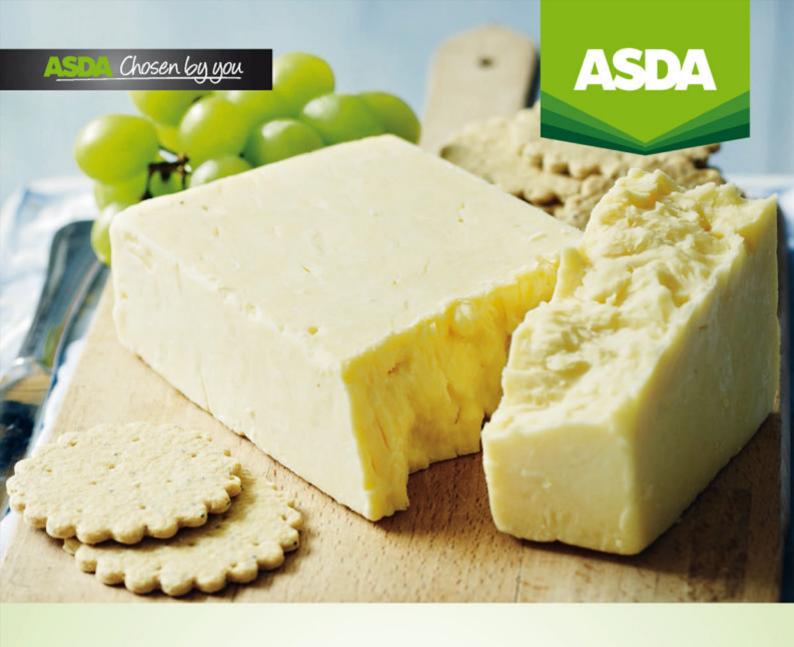
quickly eat some spring onion afterwards - that gives the palate a subtle kick, ready for your next spoonful.

Rosa's Thai Café: The Cookbook (£20) is out now



1tbsp water

Juice of 1 lime



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cott and Gaz are finally getting some competition in new boy Nathan Henry, as he confesses he's kissed a 'double digits' amount of people, more than both of the former playboys during this series.

But while you'd think his dating game would make him an instant hit with the other lads, Nathan, 23, admits he was initially worried about how the guys would react to his bisexuality.

When I first walked into the house,

I couldn't breathe. I was sure Gaz wouldn't like me because watching the show he seemed very chauvinistic, but he was nice to me from the start.'



CHING, BO & BA

'If Vicky came back, I'd leave'

espite Kyle Christie and co-star Holly Hagan appearing more loved-up than ever on the outside, things weren't always so great as Kyle reveals he nearly ended things.

At the end of the last series I was like, I'm done with me and Holly. It's too stressful being in a relationship, it's definitely easier being single,' he says.

But despite Kyle's comments seeming a little insensitive, he insists he'd never become anything like *Geordie Shore*'s resident bad boy, Gaz Beadle.

'I always do the exact opposite of what Gaz does because he's the most manipulative person on the planet. I don't want to be anything like him,' Kyle tells us.

doesn't hold back when it comes to excastmate Vicky Pattison and her TV show Judge Geordie.

'I heard the show's all Vicky giving relationship advice the most ridiculous thing I've ever heard. Who'd take advice from her?' Marnie laughs.

Continuing her rant, Marnie, 23, says: 'If she came back into the house I wouldn't entertain her. I'd leave.'

The pretty brunette is now dating *TOWIE*'s Ricky Rayment, but admits that during the show she 'tashed on' with five people, putting her just behind newbie Nathan in the kissing stakes.

'I'm just a natural flirt, I don't even know I'm doing it. It was only when I watched the show back I realised! Now I'm with Ricky I'll behave next series.

GEORDIE SHORE LINGO

Something nuts or crazy.

Something good or bad. 'That was ill!'

TASHING/NECKING ON Kissing someone.

(TRUMPET ACTION)
Implying they call bulls*** on something.

BOSH! Good times. HAWAY Hurry up/Come on.

MORTAL Drunk.

SWILLING Throwing a drink over someone.

WORLDY Pretty girl.

PIE OFF To reject someone.



ewbie Chloe Etherington admits she only had one fear when entering the house, and it wasn't seeing ex-flame Scott Timlin again.

When I walked into the house I didn't know Vicky had left and I was really scared about meeting her. When new people come into the house she always seemed to hate them, but luckily, everyone was lovely when I came in.

But despite the 'family' all getting along at first, the 19-year-old reveals things didn't

and so much hair-pulling. The girls are definitely worse than the boys when it comes to fighting!' Chloe says.





ith series 10 being his last, James Tindale explains that his reasons for leaving the show boil down to balancing the Geordie Shore lifestyle with a serious relationship.

When you're single on the show, you constantly feel a pressure to go and pull girls. I've been with my girlfriend Kate for two-and-a-half years so it just feels like the right time to move on.

And while it's clear James, 24, shuns any female attention on nights out, the same can't quite be said for his co-star, Scott, 26.

Scott loves getting attention. He'll try and reel girls in because if a girl even looks in his direction, he's already buzzing. It gets a bit cringe!

ASTING CKSTABBING

Geordie Shore's back, and our favourite Northerners are pulling no punches this series

hile Charlotte Crosby and Gaz's rocky past is no big secret, she certainly doesn't hold anything back when conversation turns to his new relationship.

As Kyle describes Gaz as being 'really loved-up', Charlotte can't help but burst out laughing.

Gary's changed because he's got a girlfriend who he's pretending to be in love with. He's doing well with the act he's putting on.'

And with Gary, 26, already in the firing line, the 24-year-old then turns her attentions to her ex-bestie Vicky, who has been less than complimentary of her former castmates since leaving the show.

After accusing Charlotte of copying her career with a weight-loss DVD, fashion collection and upcoming book (awkwardly, they're due for release within a week of each other!), the fiery star quotes Vicky's insults, telling us: 'She said about me: "What kind of man would want to be with a girl whose ideal night is a bottle of cider and a kebab?" I thought that was rude!'

And while Kyle claims Vicky would never badmouth the boys, Charlotte disagrees, telling him: 'She would be the first person to stab you in the back and slag you off."

Katherine Parkes

Join the #Geordieparty on Tuesday 7 April at 10pm on MTV





I'm bored with Britain's Got Talent. I have to really like someone on it to actually watch it. It's too much time out of my busy schedule to waste every Saturday

night if I'm not connected to the contestants.

Thanks to NOW TV, I'm catching up with Game Of Thrones before the new series starts next month. My favourite character is Daenerys Targaryen. I love her and her dragons.



When we were filming MIC in New York, I watched The Bachelor US. I'm going to start watching it from the beginning now it's on here. Remember when Spencer [Matthews] was on the UK version? Cringe!

I love Keeping Up With The Kardashians even if it seems quite fake. My favourite's Kourtney. She tells it like it is, just like me!

The Walking Dead is another show I really like. I never want it to end. Zombies are the best.'

Watch Seasons 1-4 of Game Of Thrones with a NOW TV Entertainment one-month pass for £6.99 without a contract



Lucy loves a bit

of Kim and co



Join The Great British Bake Off's Mel Giedroyc as she sets out to find the nation's smartest family. Teams of mums, dads, children and grandparents go head-to-head in this cheeky new guiz show designed to test their general knowledge and intelligence, starting with the Emmersons from Kent and Hertfordshire brood the Ferroses. With subject matters ranging from the insides of your ear to the names of the Teenage Mutant Ninja Turtles - which proves to be very confusing - it's a close-run contest between the clans. Tune in to see who makes it through to the semis then the grand final.

SKY 1, FRIDAY 3 APRIL, 8PM



DRIVING SCHOOL OF MUM & DAD

Earning your driving licence can be a frustrating experience (reversing around a corner, anyone?) so expect bickering, road rage and maybe, just maybe, a bit of bonding as these parents set about helping their strong-willed teens pass their driving tests. First to hit the road are pastor Alex and 18-year-old daughter Rachel, who keeps cutting her lessons short to attend acting auditions.

SKY 1, MONDAY 30 MARCH, 8.30PM

DON'T MISS

Dark comedy Inside No.9: The 12 Days Of Christine sees Christine (Sheridan Smith) bring a man back to her flat after a New Year's Eve party. Immediately her life starts to unravel – who is the terrifying stranger that appears at night? Find out on Thursday 2 April at 10pm on BBC2.

THIS WEEK'S SOAP HIGHLIGHTS



PHIL COMES HOME

On his return, Phil calls a family lunch but Sharon stops the gathering and demands to know where he's been. Phil tells her he wants to get the Arches back from Max but vows he won't get violent. Mo gives Alfie some of the cash she took from Harry, which he gives to Kat. She grows suspicious and he confesses where it came from. How will Kat react to his news?

EASTENDERS, BBC1, MON & FRI, 8PM, TUE & THU, 7.30PM

BEHAVIOUR

When Sarah Louise returns to the street, she's forced to deal with Bethany's increasingly bad behaviour. She takes Bethany shopping, but is horrified when her daughter's caught shoplifting. Callum offers his help and later invites Sarah out for a drink, but a furious David warns her to stay away from Callum. Will she pay attention to her brother?





CORONATION STREET, ITV, MON, 7.30PM & 8.30PM, WED, 7.30PM, FRI, 7.30PM & 8.30PM



DARREN'S DATE GETS RUINED

Emma and Val aren't pleased when Darren comes back and asks Finn out, so Val conjures up a plan to ruin their date. Meanwhile, Laurel tries to hide wine bottles and her drinking problem from Marlon. Later, Darren's car is wrecked and Finn thinks he knows who did it. Does he suspect the right person?

EMMERDALE, ITV, MON-THU, 7PM, FRI, 7.30PM & 8.30PM

TEGAN COLLAPSES

It's a tough time for Diane as she won't believe Dee Dee isn't her daughter. But the desperate Lomaxes want her to be tested to be a bone marrow donor for Tegan, who later falls unconscious at a fake birthday party Ste and Leela have thrown for Rose. Meanwhile, Darren gets involved in a dodgy deal with Trevor to try and earn some cash for Maxine.

HOLLYOAKS, C4, MON-FRI, 6.30PM



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Phone Dating











TV SHOW?

a greasy spoon...

When I travel to Manchester every Saturday for Match Of The Day, I get a car and sit there and watch three episodes of whichever box set I'm on at the time. I've done Breaking Bad, House Of Cards and now I'm watching Band Of Brothers.

DECADE?

The 80s. That was my prime and when I could still play football a bit. I haven't played since the day I retired, 20 years ago. I retired for a reason and the thought of going out playing and being useless just doesn't appeal to me.

CELEBRITY CRUSH?

Robin Wright, who plays Claire Underwood in House Of Cards. She's a classy lady. But my wife is my top crush of all time by a million miles. of course.

Walkers MixUps are available now in family-size bags. Visit youtube.com/ walkerscrisps

ANIMAL?

I love spending time with dogs, you can really engage with them. We have a Labrador called Snoop Dogg - not really after the rapper, he's just very inquisitive.

I love Paris. It's cultured, sexy, and a great city stop.

Our favourite landmarks

so she doesn't have to drag

are the shops. Danielle

and I both like clothes

WORKOUT MOVE?

I don't have a specific

move, but I do a lot of

HIIT (High Intensity

Interval Training) to

keep my stamina up.

I work out three times a week with a personal trainer

and I don't love

over, I can eat

more crisps.

the feeling, but when it's

me shopping.

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Just
two beakers
give your toddler
100%
of their daily
vitamin D



Little ones love playing outside. Our weather won't stop them having fun, but it could stop them getting 100% of the vitamin D they need for normal bone development. Introducing Cow & Gate Growing Up milk. Find out more at cowandgate.co.uk/products.



